



greek burgers

Recipe from SECU Kernersville, Dana Pitts. Makes 4 servings

INGREDIENTS

1lb. ground turkey

1 cup spinach

1/2 lemon

1 cup cucumber

1 cup feta cheese

1-2 tbsp. minced garlic

1/2 cup Mayonnaise or Plain Greek Yogurt

Seasonings to taste: Dill, garlic powder, onion salt, salt, pepper

DIRECTIONS

1. Dill Sauce: Combine mayo or plain Greek yogurt, juice of half a lemon, minced garlic (1-2 tbsp. depending on how much you're making) and dill (be very heavy with the dill). Season to taste. Needs to sit for about 30 minutes before serving.

2. Burgers: Saute spinach and feta cheese and season with pepper and a little onion salt. Set to the side. Make thin patties with the ground turkey and season them with salt, pepper, garlic powder, and dill (be heavy with your seasoning). Place palm size spinach and feta cheese mix in the middle of the half of the patties you've prepared and use the other seasoned patties to top & cover (press down sides so the stuffing isn't sticking out).

3. Put the dill sauce and peeled/sliced cucumbers on top of the burger and serve the burgers with homemade sweet potato fries.